The very first thought to consider, if America, US government and VA were truly helping veterans, why are there literally 1000's of 'helping' agencies around the nation doing the job? Think about that!

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VA Nightmares and Real Resources of Hope for Veterans- Part 1, by Informed Consent

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In honor of Memorial Day, I thought it fitting to expose the broken Veterans Administration (VA) system to those who are not aware. This is not a sob story or victim card lecture. It is simply sharing the reality of the current VA system and the consequences of such on real lives. Most veterans will have no problem accepting the premise of this paper. However, some still believe that the VA is the ultimate savior, when it comes to their failing health. Oh, and the VA money, well, that money seems to come with strings attached, doesn't it? "Nothing is free," as the old-fashioned saying goes. Bottom line, a veteran is faced with two choices; do what the VA says and your monthly disability check will be left unscathed, or disobey the VA and risk losing your benefits. In other words, follow our rules and live or disobey and die.

Don't Need More Money

Veterans don't need any more money! You could throw a million dollars at a dying Ft. McClellan veteran, and it wouldn't change a thing for him. The government has already made its conclusions about Ft. McClellan veterans and others exposed to toxic substances elsewhere. Passing a bill in Congress will not save one single veteran's life. On a side note, Monsanto has absolutely no interest in helping the veterans who served at Ft. McClellan. In fact, the organization has been working fervently to do the exact opposite. So, for those of you waiting for your government/Monsanto lottery ticket to pay out, take a seat and a number; it's going to be a while.

More Life, Not More Death

Let's be clear. Veterans want more life, not more death! They want their health back, and what a sick veteran truly needs is evidence-based healing (without long-term side effects) and a good dose of *hope*.

Truths Wrought with Howevers

It is true that there are many good and honest employees in the VA system. However, I have yet to meet one. It is true that the VA system is going through a major overhaul, and there is a new emphasis on accountability. However, this renovation is likely years in the making. It is true that some veterans have other options, like the "Veteran's Choice Program" and "VA Foster Care." However, the bureaucracy is alive and well, and most veterans I know have given up calling, filling out paperwork, and waiting for things to change.

It is true that the VA can help you in times of emergency medical need. However, there is a widely known rumor that one does not go to the VA to get well but instead to die. These are harsh words, yes. But for those who have experienced these "truths" first-hand, I suspect there will be a lot of affirming nods here when reading the accompanying "howevers". It seems the truths are wrought with "howevers".

The VA Knows Not Love

This is a broad generalization, but the VA system seems to know not love. How about this for a run-on sentence:

A system that requires the nurse to put on a glove to hold a severely dehydrated cancer patient's hand or a system that repeatedly ask a patient who is *not* suicidal if he is suicidal (out of an obsession to avoid *any* liability); a system that (for years) fails to recognize the suffering and deaths of Ft. McClellan veterans struggling with complex, confusing illnesses and diseases; a system that inevitably forces veterans to pay for and seek outside care due to inept and overwhelmed VA providers (often too busy with bureaucratic paperwork and disinterested in the facts to really help) is a system that *knows not love*!

Share Your VA Nightmares Publicly (Don't Fear Reprisal)

Have you had a VA nightmare experience? Feel free to share in the comments, as it is a powerful way for veterans and their families to actively expose the reality of such a broken system. First, it is a way to warn other veterans who may still believe that the VA really cares about them and is a safe, holistic place to get care. Second, it might be the only way to put down, for the record, the reality of a system void of compassion, void of excellence in medical care, and void of logic.

Are you afraid to speak out against the VA? For instance, have you been threatened that your disability pay will be cut off if you do not comply with specific orders? Have you been defamed, harassed, humiliated, sexually assaulted, or verbally abused (especially Ft. McClellan veterans who are chronically ill)? Has your character been slandered or worse, have you been falsely diagnosed with a mental disorder or anxiety and unable to set the record straight in your medical file? Has the VA resorted to assaulting you with surprise phone interviews from patient representatives who cannot identify themselves or sicced paid VA psychos (psychiatrist/psychologist) to interrogate you, whose sole purpose is to cover their own liability or pump you full of lies, SSRIs, et cetera to distract you from real chronic pain or debilitating illness?

The VA is Ruled by Fear

Do Not Fear! The worst thing you can do is to buckle under the pressure and give in to their demands. You must stand up for yourself! This is especially true, if you know that the VA employees are manipulating or harassing you out of their *own sense of fear*.

You heard that right! *The VA is rules by fear.* Thus, the system is operating illogically and without a sense of compassion. Like the so-called shortage in saline around the country2, there seems a serious shortage in expert, direct primary care for those who have served their country honorably and are hurting. How backwards is that?

The VA is terrified and paralyzed by the "L word"— liability. In fact, liability is likely to take precedence over compassionate care, and it motivates many in leadership these days. Imagine the fear that providers succumb to when harassing a veteran repeatedly simply in order to alleviate their own doubts or document for their own protection that the patient has absolutely no suicidal thoughts before sending them home. If a patient adamantly confirms their positive zest for life and genuine love and respect for their own body, professing repeatedly that they only want to live and continue living in health, isn't that enough? Imagine the fear that a provider succumbs to when they commit the most egregious assault on a veteran by falsely diagnosing someone who is legitimately ill with a mental disorder?

Resort To the Mental Card Out of Cowardice

I think it is possible that doctors who find themselves unable to fix or cure a veteran will resort to the mental card out of cowardice, not care. For instance, a soldier who has been diagnosed with cancer, outside the VA, and shares this information with a VA provider is then labeled as incompetent, most likely out of an unethical effort to cover the VA's liability. What kind of system does this? A system that knows not love!

I'm Not a Veteran, Why Should I Care?

Many may say, "So what? I'm not a veteran. Why should I care?"

Did you enjoy your Memorial Day celebrations? Do you know a veteran or have a friend or relative who is suffering from exposures, injuries, or illnesses as a result of their honorable service? Do you care about them? If you care about one veteran, you might want to consider caring about others. Most former service members are average, hard-working, moral, America-loving citizens who don't ask for much, obey the laws, and love their families and neighbors. The anomalies are not worth mentioning. Certainly, not all veterans are war "heroes". Some never went to war, and there is nothing shameful about that. Still, some were terrible soldiers to begin with (malingerers and inept at their jobs), and others selfishly turn into terrible veterans (abusing the VA system and manipulating VA providers with their greedy motives). However, as previously stated, the bad apples are not the focus here.

VA Known To Discredit and Dehumanize Veterans

Unfortunately, the VA has been known to discredit and dehumanize particular veterans (whistleblowers, Ft. McClellan veterans et cetera) with its overbearing claims process and unethical use of psychological methods. It might surprise the readers here that most veterans, unlike the pervading myth pushed by the

media, do not suffer from PTSD, depression, or mental disorders. On the contrary, every veteran I know personally handles their normal daily stresses of life or chronic illness/pain with unusual resilience and composure.

In fact, most veterans are simply content to be left alone, able to work, and enjoy their weekends off without being called back in at 4am. We are of a certain caliber, after all. We possess an unusual, innate, intestinal fortitude that is rare in today's civilian world. It is why we chose to volunteer and why we continue to keep our mouth shut rather than complain. Nonetheless, just for the record again, *not all veterans suffer PTSD*, and not all veterans need psychological services.

Some Refuse to Register with VA Out of Sense of Honor and Pride

In fact, there are some veterans that I know, personally, who refuse to register with the VA out of a deep sense of honor and pride. They don't want to take from the veterans who truly need help, and they have a deep sense of dignity and selflessness. Some veterans have even refused benefits that they truly deserve. I admire that grit and knew such a man. He spent three years in Africa during World War II and never set foot in the VA. Even when suffering through prostate cancer and various illnesses and injuries, he never used the VA services. Also, if my memory serves right, his wife never received any benefits after his death. Perhaps he was too proud or perhaps he was wise enough to avoid a system that he knew could not love or respect him as a true war hero.

Many of our greatest veterans continue to avoid the VA like the plague for this very reason. This is a phenomenon widely known among veterans but dismissed by the VA system. Again, the rumor goes "You go to the VA to die."

VA Nightmares and Real Resources of Hope for Veterans- Part 2, by Informed Consent



This article is written to expose the broken VA system and provide a forum for veterans to share their story in the comments. Furthermore, at the end of this article, I will share information and resources for alternatives to the VA system. Let's continue.

Grumpy-Pants Who Do Not Care About Veterans

I'm sure there are some grumpy-pants who do not care about veterans reading this article. I probably won't be able to change your mind. Perhaps your heart runs cold and your eyes are scaled over. Or, perhaps you are someone who has illogically made the conclusion that all veterans are evil for participating in unjust wars.

Let me make this point as clear as I possibly can. Those soldiers who you have such a deep hatred for never desired to witness the horrors of battle. They mourn, often silently, over their lost brothers and sisters. They never desired to be exposed to live nerve agent chambers, cesium-137, cobalt-60,

Monsanto's PCBs, leaking DS2 containers, ungodly viruses/toxins in the Middle East, et cetera. Some would argue that this is the nature of serving in the military, suck it up! Okay, I can accept that. However, keeping a promise to take care of veterans after they serve is also something to consider.

Let me be the first to break it to you; soldiers are the last people who want to fight and die in war. Their families feel the same way, but they sign up to go anyways, because they are not the typical citizen. I will grant that our military has been abused (particularly by previous administrations) and sacrificed in many ways, but that does not mean these men and women are not exceptional and worthy of respect and expert medical care. This is what a love for country does to a man; it makes him selfless! You should try it sometime. It might make you less of a grumpy-pants.

Veterans In The Know

Smart veterans who are awake can see through the VA's lies. They have realized (sometimes the hard way) that the empty VA promises will never deliver healing or hope. Perhaps, this realization comes from the fact that few former service members are even working at the VA. You are more likely to find a civilian who has never served in boots or fired a weapon at your hospital bed side. There is nothing wrong with civilian medical employees, but veterans have a certain connection with other veterans that is almost unspeakable in nature.

Moreover, veterans in the know have come to grips with the fact that you can't get good continuity of care when you are passed from one doctor to another and time is limited for listening and evaluating the whole person. Sure, there are the rare VA clinics and hospitals that are above reproach and run by former soldiers who care (no doubt thanks to a moral leader in charge with a conscience). Yet, most veterans have come to realize that the VA is a conglomerate of second rate docs/PA's and cast-away medical professionals who failed to find work elsewhere. After all, the pay and government benefits are pretty sweet.

How Long To See Real Evidence of Reforms?

Yes, noble VA workers exist out there who care about veterans deeply, but that is not the norm. Most have heard about the VA scandals of our day, and this can only add to the mounting evidence that the VA knows not love! Is the VA going to change? I'm not sure. If it does, how long is it going to take to see real evidence of such reforms? For some, it will be too long, and they will meet their death early. Others, perhaps those on active duty, may see a better VA by then. For now, the VA is clearly not a safe place to seek tangible healing.

Most of the veterans who have sufficient funds to seek medical care elsewhere would never step foot in the VA; however, many have no choice due to financial limitations and are stuck with the only care they can get. This is a tragedy!

Lack of Decency is Shameful

No honorable discharged veteran should have to wait an hour for one bag of saline due to dehydration from fighting cancer, days of gastro distress, and an inability to eat. A veteran who loses every bit of water and bile should not have to wait *one hour* to get a bag of fluids! Have you ever waited an hour for fluids while your legs shut down, you can't feel your hands, and you are literally preparing, with a

pastor at your side, to go home? If not, just know that it would feel like an eternity. Then, after you stabilize from the one generous bag of fluids, the ER doc sics the paid psycho on you to ask if you are suicidal. Let me remind you, this is a sleepy VA ER and not a bloody battle field. The lack of decency is shameful!

Veterans Seeking Care Outside the System

More veterans in the know are seeking care outside the system. Despite limited funds, some will go into great debt to find cures for rare forms of cancer or debilitating immune disorders. I see more and more veterans disobeying the VA to proclaim, "We've had enough of the lies and manipulation and we are going to take the initiative to save our own lives."

Not a Letter of Hate for the VA but One of Love for Veterans

This letter is in no way intended to be a hate-filled, accusatory, whining session against the VA or its employees. Furthermore, this is not a letter to proclaim that all psychologists and psychiatrists are manipulative and unethical. There is certainly a time and place for such services. However, to assume that all veterans need SSRIs or psychology is wrong. I have heard some veterans declare that it was the fight of their life to get sober from the government's free, endless mind-altering drugs and addictive pain killers.

The True Crime- The Discouraging System That Breaks the Veteran Down

This letter is, however, intended to expose the lies and deep brokenness of a system that has promised to honor and love its greatest men and women. We did what was asked of us, and this is the treatment we get. This is how we die. I suspect that a veteran who has never been suicidal and enters a VA facility may very well walk out with much less hope than he walked in with after being poked, prodded, and interrogated by the paid psychos. This is the true crime – the discouraging system that breaks the veteran down to the point where he gives up all together.

Letter Intended to Introduce Additional Resources To Veterans

This letter is also intended to introduce additional resources to veterans who are very ill and not getting the help they deserve at the VA. There are many caring medical professionals around this country who are working their tails off to help veterans to heal. For instance, there are many ways to treat cancer, immune disorders, and toxic exposures. Let us gather together and share these resources. You never know; your link might just save a life.

I am in no way affiliated and will gain zero benefit from sharing these resources. They are simply ones that I found through research. Having personal experience watching a stage 4 colon cancer sufferer be healed at "Hope4Cancer," I cannot recommend this organization highly enough. Of course, use your own judgment and caution in using these resources, and certainly do your own homework.

To Find a Life-Giving Solution

I'd suspect that a veteran who wants to be pain/cancer/disease free will go to the ends of the earth to find a life-giving solution. Finally, *always* bring a trusted advocate to attend any appointments (inside

and outside the VA). From a personal standpoint, I can't tell you how important that last piece of advice is.

If you are a veteran who has given up hope, please consider looking into alternative resources for healing. Please do not believe the lies, and never ever give up hope! There are so many wonderful people and organizations offering expert, medical help to suffering veterans around the country. I hope the readers here will join me in encouraging veterans and providing their own links to sources that honor veterans outside the system. Please refrain from posting about the typical veteran organizations. We all know about the old men who run the local VFW. No disrespect, but they have their limits.

Helpful Links and Alternative Resources to the VA System

The following list contains what I hope will be helpful links as well as alternative resources to the VA system. I repeat that you should use your own judgment and caution and do your own homework.

- 1. Hope4Cancer (1.888.544.5993) https://hope4cancer.com
- 2. Public Health Warning to Ft. McClellan Veterans https://www.publichealth.va.gov/exposures/fort-mcclellan
- 3. Ft. McClellan Advocacy http://www.poisonedveterans.org
- 4. "Veterans complain of deadly, debilitating, chronic diseases amid chemicals, bioweapons and radioactive waste at Fort McClellan" Natural News https://www.naturalnews.com/052718 Fort McClellan veterans toxic chemicals.html
- 5. "Direct Primary Care" to anyone seeking care outside the "typical" system. Many Veterans are paying out of pocket out of desperation for quality care. For all the doctors and nurses in your life...I hear the life-style of this work environment is drastically different in a most positive way and genuinely rewarding. Below is a map of the US locations and information about "DPC:" https://www.dpcfrontier.com/mapper
 https://www.dpcare.org
- 6. "Ft. McClellan Health Act: The health hazards of PCBs" Fox News Health http://www.foxnews.com/health/2014/09/19/ft-mcclellan-health-act-health-hazards-pcbs.html
- 7. "Using Traditional Chinese Medicine to Treat Lung Cancer" Asbestos.com https://www.asbestos.com/blog/2013/12/16/traditional-chinese-medicine-herbs/

Share Any Additional Resources for Hurting Veterans

Please share any resources you may have for those Veterans who are hurting, especially Ft. McClellan veterans who are steadily losing hope that they will ever receive help. I know there are effective treatments outside the VA that have helped many Ft. McClellan veterans. Hopefully, the readers here can recommend, in their locale, professionals who truly love veterans, are experts in their fields, and are not afraid to take on a complex medical history of exposure.